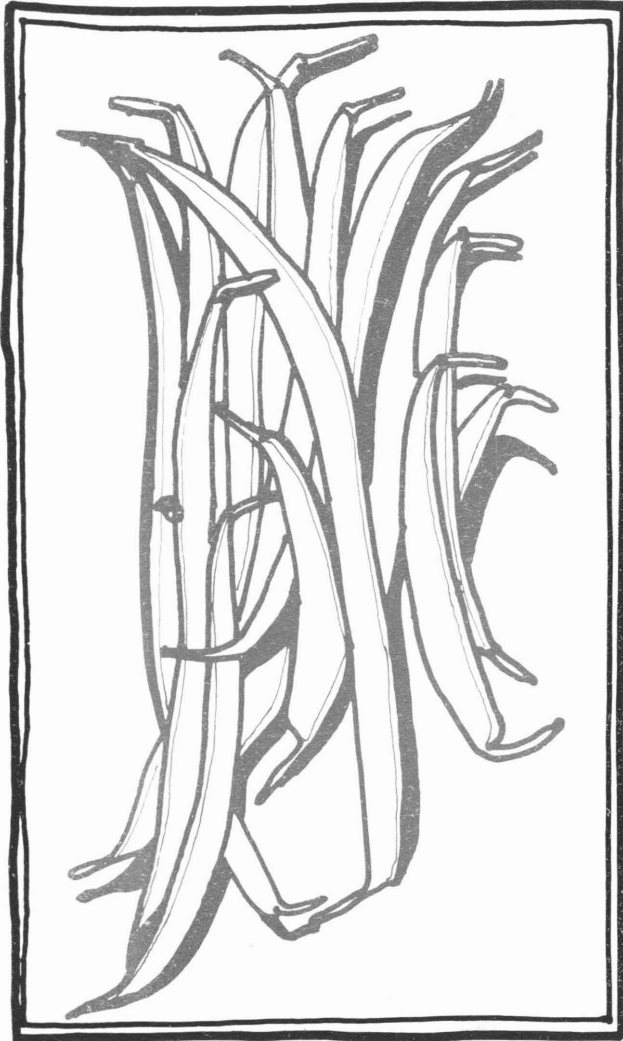


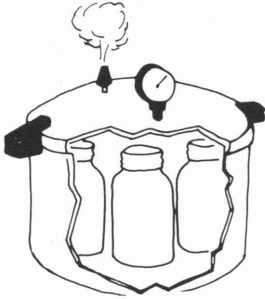
How To Can Green Beans



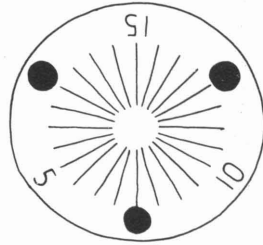
TEXAS AGRICULTURAL EXTENSION SERVICE
THE TEXAS A&M UNIVERSITY SYSTEM
Daniel C. Pfannstiel, Director, College Station, Texas

HOW TO CAN GREEN BEANS

All meats, poultry, fish and vegetables (except tomatoes) must be canned in a pressure canner. Only in the pressure canner will the temperature be high enough to kill spores which cause botulism. If these spores are not killed, they can grow and produce a deadly poison that causes botulism.



Pressure canner with dial pressure gauge



weighted gauge

Check the air vent, safety valve and gasket. A dial pressure gauge should be checked by a standard gauge each season. If canner has a weighted gauge, clean it.

CANNING JARS AND CLOSURES

- Use only standard canning jars in a pressure canner.
- Be sure jars are clean; discard those with nicks or cracks.
- Prepare lids according to package directions.
- Discard screw bands that are rusty or bent.
- **Always** use new lids.

GET GREEN BEANS READY

- Use green beans that are fresh, young and tender.
- Wash them thoroughly.
- Break or cut them into 1-inch (25-mm) pieces.



PREPARE BEANS FOR CANNING

- Bring water in saucepan to boil.
- Add beans and boil for 5 minutes.
- Pack hot beans into jar, leaving $\frac{1}{2}$ -inch (13-mm) headspace.
- If you want to add salt, add $\frac{1}{2}$ teaspoon (2.5 mL) per pint and 1 teaspoon (5 mL) per quart.
- Add boiling hot cooking liquid leaving $\frac{1}{2}$ -inch (13-mm) headspace.



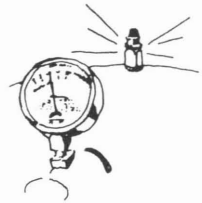
- Remove air pockets by sliding narrow plastic spatula down side of jar.
- Wipe jar rim with clean damp cloth.
- Place new canning lid on top of jar.
- Firmly tighten screw band.



DIRECTIONS FOR CANNING GREEN BEANS

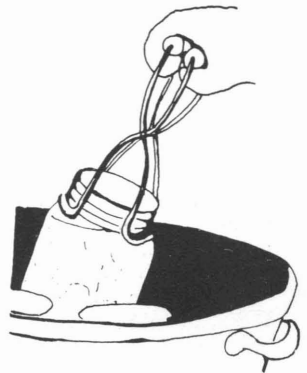
- Cover bottom of empty pressure canner with 2 inches (50-mm) of hot water.
- Set jars on rack in pressure canner.
- Place cover on canner and lock.
- Turn on heat.
- Exhaust the canner according to your pressure canner directions.
- If dial gauge is used, leave petcock open and exhaust for 10 minutes.
- If weight gauge is used, the air is removed during canning.
- Bring pressure to 10 pounds.
- Heat to keep pressure steady.
- Process beans for:

Pints	— 20 minutes
Quarts	— 25 minutes



AFTER PROCESSING

- When processing time is up, remove canner from heat. Do not run cold water over canner.
- Let pressure gauge fall to zero OR leave weighted gauge in place for 20 minutes.
- Do not open lid of canner until pressure returns to zero.
- Open petcock (pressure regulator) or remove weighted gauge. Let all steam escape.
- When all steam is gone, open canner. Turn lid away from you so any remaining steam will escape and not burn you.
- Remove hot jars with jar lifter.
- Cool jars upright on clean, dry cloth, rack or layers of newspapers. Leave some space between jars.
- Do not re-tighten screw bands. You may break the seal.



STORAGE

- Next day, remove screwbands.
- Test the seal—press finger gently in center of lid. If lid is down, jar is sealed.
- If jar is not sealed: (1) put in the refrigerator and use in two days (2) open, drain and freeze or (3) recan the product as before—use clean jar and clean lid.



USING HOME-CANNED GREEN BEANS

- Destroy food if it's unsealed, molded, cloudy or has an off odor.
- Always boil home-canned green beans for 10 to 15 minutes before tasting.
- Vegetables are good sources of vitamins and minerals. Canned vegetables are often less expensive than fresh or frozen ones.

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